

SUPPORT CLASSES

264-4188



Couple Communication

Tuesdays, July 3, 10, 17, 24, 21 • 6-8 p.m.
This class is designed for any two people who have a desire to learn how to relate to each other in more satisfying ways. By increasing interpersonal competence, partners can learn tools together and create better outcomes for their day-to-day concerns.

The Power of Positive Anger

Thursdays, July 12, 19, 26 • 3-4:30 p.m.
The Positive Power of Anger workshop is a program designed to help people recognize anger in themselves and others, understand how anger or the repression of anger affects us, develop positive ways of expressing anger, and how to deal with anger in others.

PREP - Prevention and Relationship Enhancement Program

Tuesdays, July 10, 17, 27 • 3-5 p.m.
PREP is based on years of research at the University of Denver by Drs. Scott Stanley and Howard Markman. The program will focus on conflicts, communication, and also on how to build and protect the great things of a marriage such as fun, friendship, sensuality, sexuality, and commitment. Studies have shown that couples who participated in the PREP program are more likely to maintain satisfaction and communicate more effectively years after the program. Every couple will also receive a free book, "Fighting for Your Marriage" written by Drs. Markman and Stanley. Couples do not have to be married to attend this program. Participants need to attend all three classes.

Multi-Cultural Relationships

Tuesdays, July 5, 19 • 9 a.m.-noon
This workshop is designed to provide foreign-born spouses with skills and information to help them adjust to the military lifestyle as well as provide opportunities to learn how to better understand and communicate with their American spouses.

Parenting in Bi-Cultural Homes

Mondays, July 9, 16, 23, 30 • 3-4 p.m.
This class is designed to provide parents with strategies on sharing their own cultural backgrounds with their children. Participants will learn to enrich their children's lives with the best of each other's cultural background. They will also be able to find ways to improve their children's lives with a working knowledge of their own identity as they develop respect for the diversity within their homes.

Men's Support Group

Wednesdays, July 12, 18, 28 • 11 a.m.-noon
This is an open group for men to obtain emotional support and information on matters affecting them such as: divorce and separation, anger, assertiveness, self-esteem, parenting, and other issues that pertain to relationships.

Children are made of gentle fabric... please avoid toxic materials!

By Joseph Tollefson, LCSW

Counseling, Advocacy & Prevention Team Leader

Children Are So Easily Influenced

Watch them as they play and you will see them imitate their favorite movie, television, and sports heroes. That is why we need to be very careful about the kind of materials we allow our children to encounter.

A Few Hints:

Please **watch** the nature and quality of what is on television. There are so many good things on television for our children to see. However, some programs send the wrong messages to children, thus inadvertently undoing all your efforts to educate them properly.

Please **watch** the types of movies that your family rents or watches. We all have had the experience of renting a movie for



our children and being stunned by the content. Read about the movie beforehand, talk to other parents about what movies they recommend for their children, and learn to say, "No, I don't want our family watching that kind of movie!"

Watch out for the kinds of video games that your children are playing. While many of these games can be fun and provide learning experiences, some of the popular video/computer games are extremely violent. Read up on the games and be an

educated video game parent.

The Internet brings libraries of information to your computer screen. While providing a rich resource for you and your children, the Internet also makes available materials that are not for children! Take the time to understand the Internet and let your children know that you want certain materials 'off limits'. There are some computer aids that can assist you in letting your children know that mom and dad are **watching** out for their best interests!